



Brenda Beeson, Kent

With a little enthusiasm and some creative thinking, Brenda is fulfilling her pledge to cut her garbage by one bag per month. Brenda is proud that her family struggles to fill up a 12-gallon garbage bag each week, and with all of the waste reduction steps she takes, it's easy to see why. Brenda keeps two cans in her kitchen specifically dedicated to recycling: one for general recyclables such as paper, plastics and glass, and one for food scraps and food soiled paper. She also makes sure her family recycles food soiled paper such as pizza delivery boxes. By switching to electronic billing and registering to opt out of receiving junk mail, she cut a lot of waste off at the source. Brenda has also found a way to help out others with her recycling. "Towels, blankets, and some clothing can be donated to animal rescues. I do it every couple months."



Dana Rutledge, Auburn

You won't find any food soiled containers in Dana Rutledge's garbage. After taking the pledge to reduce her garbage by one less bag per month, Dana makes sure her recyclables, such as cat food cans and peanut butter jars, are clean before they go into her cart. Dana switched to canvas shopping bags and reusable water bottles, and put a collection container for food scraps and food soiled paper in her kitchen. Dana says that by getting her family involved and making it a way of life recycling comes easy. By educating her children on what can be recycled, she knows they'll continue doing it. Although she's excited about her pledge to cut waste, Dana is drawing from her education to find inspiration for recycling. While writing a report for school, Dana learned about the amount of garbage that ends up in the ocean, and the effects it has on wildlife and the environment. "There is absolutely no reason not to recycle and help protect our wonderful environment."



Valerie Hough, Kent

The One Less Bag Challenge helped Valerie Hough and her family reduce their garbage bill from \$140 to \$30 per month. The Hough family experience goes to show that several small changes really do add up. Before taking the One Less Bag Challenge, Valerie wasn't sure what to do with her food soiled paper. But when she realized she could recycle it with her yard waste, she noticed her garbage shrinking. Along with increasing her food scrap recycling, Valerie switched from single use plastic bottles to reusable options. She also made small changes to her recycling process, like using a smaller garbage cart and putting recycling bins on opposite sides of the room to prevent waste from going to the wrong place. Valerie has been reducing her waste in other ways too. "We used to use disposable wipes to disinfect surfaces, so I researched a way to make homemade reusable towels instead of throwing away all those wipes."



Robert Mobley, Federal Way

Robert Mobley understands the importance of waste reduction, especially with a family of four. And while he admits it can be tough, he set a goal to reduce his garbage can to the smallest size available. By better understanding what can and can't be recycled, Robert began cutting waste. After taking the One Less Bag Challenge, he started recycling food soiled paper along with his food scraps in his yard waste cart and switched to using reusable bags when he shops. "My wife has been doing it for such a long time that I decided I needed to carry a reusable bag in my car too," said Robert. He also keeps separate containers for different kinds of recyclables in convenient locations. A paper recycling bin in the office ensures all paper waste gets recycled, while keeping the food scrap collection container on the kitchen counter provides easy access for recycling food scraps and food soiled paper. Robert says he is now expanding his efforts, "While I think that we do a pretty good job at home there was more that needed to be done at work. Through more effort I thought I could improve recycling at work and maybe even cause other employees to achieve better results at home."